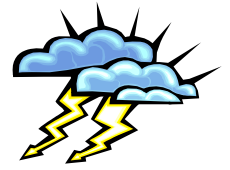




Health & Nutrition Flash



Good Health...A Basic Foundation for Teaching and Learning

Hello School & Health Professionals!

Welcome to the **MAY** issue of this newsletter! We hope you find it to be a useful resource that enhances you personally, as well as professionally. Feel free to copy or print this information to share with colleagues, students, and their parents.

May is National Physical Fitness and Sports Month

Increase Physical Activity at School!

(Tips adapted from "Buckeye Best")

Here are some ideas you can try in the classroom or in the school building:

- Schedule 10 minutes within the day to allow students to walk, stretch or exercise to stimulate readiness to learn.
- Implement a "Walk Across America" theme to promote physical activity while studying geography, history and social studies; work with other staff to create a building-wide physical activity initiative where grades/teams can challenge each other.
- In math class, have students practice skills by graphing their fitness or activity levels.
- Have students sign individual wellness contracts to participate in physical activity over a 6-8 week period.
- In language arts, have students record in their journals the amount of time they spend watching television and being physically active; brainstorm ideas for how they can become more active.
- Organize class projects to develop walking areas on school grounds or within the community (provide signage for the walking areas).
- Use extra playground or gym time in place of candy rewards.
- Do not withhold recess as a punishment.
- Be a role model; let students see you being active during the school day.
- Assist in providing extracurricular physical activities programs for students and/or families.

For more information on Buckeye Best, visit: www.healthyohioans.org/Schls/bb1.htm



WHAT TO LOOK FORWARD TO:



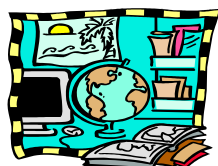
REMINDER to Register for:
2004 Coordinated School Health Conference
June 15, 16, 17, 2004 Salt Fork State Park Lodge
Cambridge, Ohio

Costs: Conference Registration -\$150 per person Salt Fork Lodging- \$95 / night

For more information contact:

Carol Gill cgill@gw.odh.state.oh.us

Laura Rooney lrooney@cancer.org or 800-686-4357, ext. 328



WOW, WHAT GREAT RESOURCES!

The National Center for Health and Health Care in Schools (CHHCS)

The *Center for Health and Health Care in Schools (CHHCS)* is a program resource center located at The George Washington University School of Public Health and Health Services in Washington, D.C. For the past decade, Center staff and consultants have worked with institutional leaders, state officials and clinical providers to maximize outcomes for children through more effective health programming in schools. CHHCS was established to explore ways to strengthen the well-being of children and youth through effective health programs and health care services in schools.

The **Center for Health and Health Care in Schools website** includes a section with **health information for kids and teens**. Topics include common health problems, nutrition, physical activity and sports, alcohol, tobacco and other drugs, and feelings and emotions. Great links are available too! Check out the site:

<http://www.healthinschools.org/students/>

National Youth Sports Safety Foundation

The National Youth Sports Safety Foundation, Inc. is a nonprofit, educational organization dedicated to reducing the number and severity of injuries youth sustain in sports and fitness activities. It serves as an educational resource and clearinghouse for information on safe sports participation for parents, coaches, athletes, health professionals, and program administrators.

National Youth Sports Safety Foundation, Inc.

One Beacon Street, Suite 3333, Boston, Massachusetts 02108

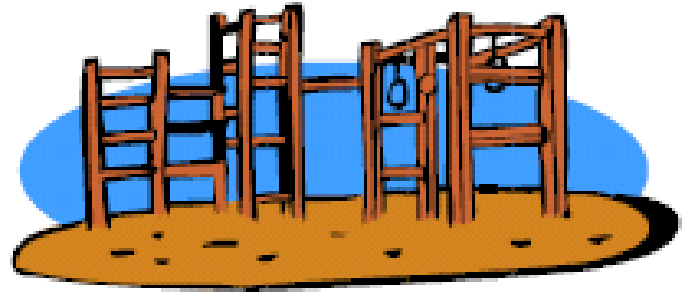
Phone: 617.367.6677, Fax: 617.722.9999, Email: nyssf@aol.com, Web:

<http://www.nyssf.org>

Office of Health Promotion, May, 2004
COLUMBUS HEALTH DEPARTMENT



Use the handout below for parents to review the playgrounds near their homes for their child's safety. Teachers can also use this to review their school's playground!



Top 10

Checklist for Playground Safety:

1. Ground areas around playground equipment should be at least 12 inches deep with loose fill, such as wood chips, mulch, sand or pea gravel or have mats made of safety-tested rubber.
2. Most equipment that doesn't move should have at least a 6-foot clear area in all directions.
3. Any openings that can trap children (in guardrails or between ladder rungs) should be less than 3.5 inches apart or more than 9 inches apart.
4. Make sure all raised areas have guardrails around them to stop falls.
5. Look for things that children can trip on, such as showing concrete at the base of equipment, tree roots or rocks.
6. Check for sharp points and edges, like open "S" hooks or bolts that are sticking out.
7. Make sure your child plays on equipment that is right for his/her age and skills.
8. Playgrounds should be kept in good working condition. Report any problems.
9. Remove any hoods or drawstrings on your child's clothing that can get caught on equipment.
10. Always watch children while they play.

Source: Adapted from National Safety Council, Consumer Product Safety Commission's (CPSC) *Handbook for Public Playground Safety*.

Source: Adapted from National Safety Council, Consumer Product Safety Commission's (CPSC) *Handbook for Public Playground Safety*.

Office of Health Promotion, May, 2004
COLUMBUS HEALTH DEPARTMENT



Healthy Kids Network

The American Cancer Society (ACS) and the Franklin County Cardiovascular Health Coalition want all kids to grow up healthy! A few years ago, the ACS created the **Healthy Kids Network** to provide materials and support to parents, school staff and students to help kids stay healthy at home, at school and for the rest of their lives. Information is powerful, and when you join the Healthy Kids Network, the ACS pledges to give you up-to-date and accurate information in a meaningful way. Time and attention devoted to health education can offer benefits that extend well beyond academic success. Please join the fight for healthy kids by adding your name to the Healthy Kids Network. Don't miss this chance to give the best to children, now and for a lifetime. For more information about the Healthy Kids Network, contact Candi Rotolo, American Cancer Society, at 324-5305.

VERB Update

Free VERB "Anytime Doubletime" Materials Available Now for Schools

Anytime Doubletime is a 10-day program designed for middle school teachers to increase the number of hours tweens are physically active before and after school. Anytime Doubletime provides teachers and students with new game ideas, like "hula-hoop hoops" and "birdie ball." With Anytime Doubletime, two VERBs make one new game – any time!

By leveraging the national popularity of VERB in your school through the Anytime Doubletime program, tweens will have a great time becoming more active with new twists on old games. **Teachers who participate in "Anytime Doubletime" this spring have an opportunity to win a \$1,000 grant to support their school's physical education program.** You can view and order the free, ready-to-use materials at: www.cdc.gov/youthcampaign/materials/AnytimeDoubletime.htm.

First-Year VERB Campaign Results Generate Widespread Media Coverage

Impressive results from the VERB campaign's first year are drawing media attention nationwide, providing CDC with a key opportunity to highlight the importance and benefits of youth physical activity. To view the original press release about the results visit: <http://www.cdc.gov/od/oc/media/pressrel/r040217.htm>

The story of VERB's impact on children's physical activity is being told through print and Internet media with postings at nearly 40 daily newspaper, radio and television Web sites, including *Newsday* and *Los Angeles Times*. Articles have also posted online at the *New York Times* Online, ABCnews.com and *Good Housekeeping* Online.

VERB™ is a social marketing campaign of the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC). The mission of the campaign is to increase and maintain regular physical activity among tweens (children ages 9 to 13) using media advertising, community events, and strategic marketing to reach tweens, parents, and other adult "influencers." CDC encourages dissemination of the information in this update to others with an interest in the mission of the VERB campaign.

Visit <http://www.cdc.gov/verb> for more information about the VERB campaign.





STAFF WELLNESS

May is National High Blood Pressure Education Month

About one in every four American adults has high blood pressure. Signs of high blood pressure may include frequent headaches, feeling tired, vision changes and shortness of breath. However, sometimes there may not be any outward symptoms of high blood pressure, yet damage may still be occurring in your body, possibly leading to heart attack, stroke, kidney failure and death. This is why the U.S. Preventive Services Task Force recommends that adults have their blood pressure checked at least once every 2 years.^{1,2} Those who are at greater risk, however, should have it checked more often. This includes people who are overweight, men over the age of 45, women over the age of 55, people who have a family history of high blood pressure, and people who have prehypertension (120-139/80-89).

High blood pressure can be chronic (lifelong) in some people. The good news, though, is that it can be treated and controlled.

There are two levels of high blood pressure: Stage 1 and Stage 2 (see the chart below).

Categories for Blood Pressure Levels in Adults* ³

Category	Systolic (Top number)	Diastolic (Bottom number)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High Blood Pressure	Systolic	Diastolic
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

Adapted from The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7), May 2003.

* For adults 18 and older who:

- Are not on medicine for high blood pressure
- Are not having a short-term serious illness
- Do not have other conditions such as diabetes and kidney disease

Note: When systolic and diastolic blood pressures fall into different categories, the higher category should be used to classify blood pressure level. For example, 160/80 would be Stage 2 high blood pressure. There is an exception to the above definition of high blood pressure. A blood pressure of 130/80 or higher is considered high blood pressure in persons with diabetes and chronic kidney disease.



Here are some ways you can reduce your chances of having high blood pressure:

- Aim to be active every day.
- Ask your healthcare provider what a healthy weight is for you and try to stay at that weight.
- Eat a balanced diet with 5 fruits and vegetables a day.
- Reduce the amount of salty foods in your diet and cut back on adding salt to foods.
- Have no more than 1 alcoholic drink a day if you are a woman and no more than 2 drinks if you are a man.
- Stop smoking or using other types of tobacco.
- Reduce stress by doing relaxing activities like stretching and breathing exercises.

If you are now taking medicine to help control your blood pressure, **always take your medication as your doctor has prescribed** and don't stop taking your medication unless your doctor advises you to. Ask for help if you are not sure how much to take or if you have other questions.

"I can do it!" is the message of a handy wallet card that can help someone with high blood pressure to monitor blood pressure readings, remember to take medications, and keep up the lifestyle changes that will help lower blood pressure. For a copy of this card or more information on the National High Blood Pressure Education Program and materials, visit their website. You can also download fact sheets, DASH recipes, and much more! Go to:

http://hin.nhlbi.nih.gov/nhbpep_kit/com_kit.htm

Get with the plan that is *clinically* proven to significantly reduce blood pressure.

The *DASH* Eating Plan



Research has found that diet affects the development of high blood pressure, or hypertension (the medical term). Recently, two studies showed that blood pressure can be lowered by following a particular eating plan—called the Dietary Approaches to Stop Hypertension (DASH) eating plan—and reducing the amount of sodium consumed.

While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.



The table below provides an overview of the DASH eating plan.

FOLLOWING THE DASH EATING PLAN

The DASH eating plan shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed, depending on your caloric needs. Use this chart to help you plan your menus or take it with you when you go to the store.

FOOD GROUP	DAILY SERVINGS (EXCEPT AS NOTED)	SERVING SIZES	EXAMPLES AND NOTES	SIGNIFICANCE OF EACH FOOD GROUP TO THE DASH EATING PLAN
Grains and grain products	7–8	1 slice bread 1 oz dry cereal* ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	4–5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4–5	6 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Lowfat or fat free dairy foods	2–3	8 oz milk 1 cup yogurt 1½ oz cheese	Fat free (skim) or lowfat (1%) milk, fat free or lowfat buttermilk, fat free or lowfat regular or frozen yogurt, lowfat and fat free cheese	Major sources of calcium and protein
Meats, poultry, and fish	2 or less	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and dry beans	4–5 per week	⅓ cup or 1½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans peas	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils,	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and oils†	2–3	1 tsp soft margarine 1 Tbsp lowfat mayonnaise 2 Tbsp light salad dressing 1 tsp vegetable oil	Soft margarine, lowfat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	DASH has 27 percent of calories as fat, including fat in or added to foods
Sweets	5 per week	1 Tbsp sugar 1 Tbsp jelly or jam ½ oz jelly beans 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices	Sweets should be low in fat



* Equals ½ – 1¼ cups, depending on cereal type. Check the product's Nutrition Facts Label.

† Fat content changes serving counts for fats and oils: For example, 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of a lowfat dressing equals ½ serving; 1 Tbsp of a fat free dressing equals 0 servings.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health
National Heart, Lung, and Blood Institute

Office of Health Promotion, May, 2004
COLUMBUS HEALTH DEPARTMENT



The DASH Eating Plan and Blood Pressure information was retrieved from the website of The U.S. Department of Health and Human Services; The National Institutes of Health and National Heart, Lung and Blood Institute.

http://hin.nhlbi.nih.gov/nhbpep_kit/com_kit.htm

References:

1 - *Men: Stay Healthy at Any Age—Checklist for Your Next Checkup*. AHRQ Publication No. APPIP03-0011, Revised February 2004. Agency for Healthcare Research and Quality, Rockville, MD.

<http://www.ahrq.gov/ppip/healthymen.htm>

2- *Women: Stay Healthy at Any Age—Checklist for Your Next Checkup*. AHRQ Publication No. APPIP03-0008, January 2004. Agency for Healthcare Research and Quality, Rockville, MD.

<http://www.ahrq.gov/ppip/healthywom.htm>

3 - *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)*, May 2003. Department of Health and Human Services- National Institutes of Health – National Heart, Blood and Lung Institute.

Any comments or questions?

**E-mail or call Nicole Reed at Columbus Health Department, Office of Health Promotion nicoler@columbus.gov
614-645-7520**

***This is the last issue for this school year.
See you in September!***

